

Heart-Healthy Diet

Patient Information	
<p>What is a heart-healthy diet</p>	<ul style="list-style-type: none"> • A heart-healthy diet is one that includes eating vegetables, fruits, whole grains, fat-free or low-fat dairy products, fish, lean meats, poultry, eggs, nuts, seeds, soy products, legumes, and vegetable oils (but not coconut or palm oil). • It also involves limiting salt (sodium), saturated fats, trans fats, added sugars, and alcohol.
<p>Foods you should eat</p>	<p>Examples of foods that are heart-healthy include:</p> <p>Grains:</p> <ul style="list-style-type: none"> • Whole-wheat breads, cereals, pastas, and tortillas • Brown rice • Plain oatmeal <p>Vegetables:</p> <ul style="list-style-type: none"> • Green vegetables (e.g. broccoli, beans, peas, spinach, collard greens, kale) • Carrots • Sweet potatoes • Tomatoes • Peppers • Avocados • Canned vegetables with no added salt <p>Fruits:</p> <ul style="list-style-type: none"> • Fresh fruit (e.g. apples, bananas, pears, grapes) • Dried fruit such as raisins or dates • Citrus fruits • Berries (e.g. strawberries, raspberries) • Canned fruit with no added sugar <p>Dairy:</p> <ul style="list-style-type: none"> • Skim or 1% milk • Low-fat almond, cashew, or soy milk • Low-fat cheese • Low-fat yogurt • Low-fat cottage cheese <p>Oils</p> <ul style="list-style-type: none"> • Corn, canola, olive, safflower, sesame, sunflower, and soybean oils

	<p>Meats & proteins:</p> <ul style="list-style-type: none"> • Lean cuts of beef and pork (e.g. 95% lean ground beef or pork tenderloin) • Skinless chicken and turkey • Legumes • Soy products • Eggs • Nuts, seeds, and soy products • Legumes (e.g. kidney beans, lentils, chickpeas, black-eyed peas, lima beans) • Fish high in omega-3 fatty acids (e.g. salmon, tuna, and trout) • Tofu
<p>Foods you should avoid</p>	<ul style="list-style-type: none"> • It is important to avoid foods that are high in cholesterol, saturated fat, and trans fat since they can all raise your blood cholesterol level. <p>Cholesterol is found in foods like:</p> <ul style="list-style-type: none"> • Egg yolks • Lobster • Full-fat dairy products like whole milk and butter <p>Saturated fat is found in foods like:</p> <ul style="list-style-type: none"> • Organ meats such as liver • Fatty meats • Poultry skin • Full-fat dairy products like whole milk and butter • Lard • Coconut & palm oils <p>Trans fat is found in foods like:</p> <ul style="list-style-type: none"> • Packaged foods like potato chips, cookies, frozen pizza, coffee creamers • Hard margarine • Shortening • Fried foods
<p>Other things to be aware of</p>	<ul style="list-style-type: none"> • Try to limit the amount of added sugars you eat. • The amount of alcohol you drink should also be limited. Men should have no more than two drinks a day, and women should have no more than one. One drink is considered: 12 ounces of regular beer, 5 ounces of wine, or 1 ½ ounces of 80-proof liquor.

Source: National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.

For more information and guidance about eating a heart-healthy diet, please speak to your health care provider.

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